

ABSTRACT OF THE DISCLOSURE

An ergonomical massaging pillow is disclosed. The pillow comprises a pillow body having at least one side being a cavity and the surface of the pillow body provided with a plurality of extendable slits; and an insertion rod
5 mounted within the cavity and having a plurality of connectable sections with various hardness and softness and the surface of the insertion rod being a plurality of recesses so that a plurality of protrusions are formed on the surface of the insertion rod and the size of the protrusions and the recesses depend greatly on the weight of the spinal cord of the user. When the pillow is used,
10 the protrusions and the slot will be deformed based on the weight of the spinal cord of the user. The harder protrusion provides a massaging effect to the spinal cord of the user.